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46. (Amended) A method according to claim 40 wherein said secondary coated hand-held food item comprises from about 15% to about 30% by weight of said first edible, heat-sensitive food material; and from about 30% to about 60% by weight of said second edible food coating material, with the balance comprising the initial formed hand-held food item; and wherein said second edible food coating material is a liquid syrup composition comprising from about 50% to about 70% by weight sucrose, from about 5% to about 15% by weight flavoring ingredients, from about 1% to about 6% by weight vegetable oil, and the balance being water.